

pick your pulses



Pulses, originating from the Latin term *puls* meaning “thick soup” or “potage,” are the edible and dried seeds of plants from the legume family. This plant-based protein packs a punch of essential nutrients that may offer health benefits, and provide sustenance to you and the environment.

The most common variety of pulses are **dry beans, dry peas, chickpeas, and lentils**. They vary greatly in flavor, shape, and color. Pulses are versatile foods that can be used widely in many ways. Purchase pulses in dry, canned, or frozen forms. Prepare them in dips and spreads, soups, as a protein powder, and even in baked goods. There are a plethora of styles to incorporate pulses into a healthy routine.

BENEFITS OF PULSES

Nutritional Composition

Pulses are comprised of complex carbohydrates, protein, fiber, and have little fat content. They have a low glycemic index, meaning they keep your blood sugars **controlled** and **consistent** after eating a balanced meal. All pulses contain both on average 8 grams of fiber per 1/2 cup of serving, about 4 times more total fiber than brown rice. Pulses are also a great source of protein, providing 8-9 grams of protein per 1/2 cup serving.

Vitamins and Minerals

Pulses offer a vast range of vitamins and minerals. A half cup of black beans provides more iron than 3 ounces of beef. A serving of dry peas has as much potassium as a banana. Pulses are cholesterol free, and have trivial amounts of sodium. Chickpeas and black-eyed peas are excellent sources of folate, a B vitamin, critical in preventing neural tube defects in newborns.

Environmentally Sound

Compared with most other foods, pulses have a smaller carbon footprint, enrich the soil with their abundance of nutrients, and need very little water to grow. These advantages decrease the need for fertilizers, reducing greenhouse gas emissions. It also costs significantly less to produce pulses than it does to grow and process animal products.

TYPES OF DRY BEANS

- Black Beans
- Navy Beans
- Fava Beans
- Chili Beans
- Great Northern Beans
- Pinto Beans
- Red Kidney Beans
- Mung Beans
- Lima Beans
- Cranberry Beans
- Black-eyed Peas



TYPES OF DRY PEAS

- Marrowfat Peas
- Pigeon Peas
- Yellow and Green Whole Peas
- Yellow and Green Split Peas

TYPES OF LENTILS

- Green Lentils
- Red Lentils
- Small Brown Lentils
- French Green Lentils
- Black Lentils



TYPES OF CHICKPEAS (GARBANZO BEANS)

- Desi Chickpeas
- Kabuli Chickpeas

